

MARCH/APRIL 2012

SENIOR SPOTLIGHT

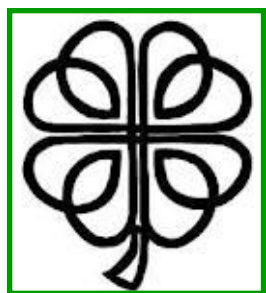
Westminster Senior Center

8200 Westminster Blvd. Westminster, CA 92683

(714) 895-2878

www.westminster-ca.gov

ST. PATRICK'S DAY BASH



Tickets:
\$4.00 Donation

**Lots o' luck will come your way
if you join us for St. Patty's Day!**

Thursday, March 15th

East/West Room

11:00 a.m.

with entertainment by

Singing Goodtimers

Sponsored by: MDCare Healthplan

VOLUNTEER RECOGNITION PARTY

Wednesday, April 4th

East/West Room

3:00 p.m.

with entertainment by:

Midnight Flyer

Sponsored by: MDCare Healthplan



This is an R.S.V.P. Event

Westminster Senior Services Team

MAYOR & CITY COUNCIL

MAYOR

Margie L. Rice

(714) 548-3183

MAYOR PRO TEM

Tri Ta

(714) 548-3179

COUNCIL MEMBER

Frank Fry

(714) 548-3181

COUNCIL MEMBER

Tyler Diep

(714) 548-3179

COUNCIL MEMBER

Andy Quach

(714) 548-3182

DEPARTMENT LINE

(714) 548-3240

CITY MANAGER & COMMUNITY SERVICES

CITY MANAGER

Mitch Waller

(714) 548-3172

COMMUNITY SERVICES DIRECTOR

Diana Dobbert

(714) 895-2860



**The Senior Center Spotlight
is now available on the City Website:**

www.westminster-ca.gov

Go to Departments, Community Services, Senior Services
or you can Google City of Westminster, CA Homepage

Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR	Claire Hutchinson
NUTRITIONIST	Maribel Avilez
SECRETARY	Sherrie Machuga
RECEPTIONIST	Ivy Gimondo
CLERK TYPIST	Joy Williams
VAN DRIVERS	John Conrekas, Bertha Lara and Clarey Mercer
HEALTH CARE NURSE	Jane Herin
PROJECT S.H.U.E. DIRECTOR	Rachael Christenson
SENIOR CENTER INTERN	Amber Julian

Commission on Aging

COMMISSIONER	Vince Agor	(714) 897-6252
COMMISSIONER	Leonor Barajas	(714) 893-3708
COMMISSIONER	Owen Eames	(714) 894-3129
COMMISSIONER	Phil Hodgetts	(714) 847-4165
COMMISSIONER	Leo Lopez	(714) 898-7358
COMMISSIONER	Linh Nguyen	(714) 782-2902
COMMISSIONER	Erwin Vysma	(714) 893-3659
ALTERNATE COMMISSIONER	Ron Hamamura	(714) 531-8570
ALTERNATE COMMISSIONER	Joan Germany	(714) 897-6873

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every month at 10:00 a.m. in the City Council Chambers; all residents are welcomed and encouraged to attend.

From the Senior Center Supervisor

April is National Volunteer Month and we are happy that you have chosen the Westminster Senior Center as your place to share your time and talents.

Volunteer Recognition and the "Senior of the Year" announcement will be made on Wednesday, April 4th. Individuals with 50 hours or more of volunteer participation in 2011 will be invited to this event. Everyone is encouraged to participate in nominating the "Senior of the Year."

The Spring Silent Auction takes place from Tuesday, May 1st–Thursday, May 3rd.

Thank you to MDCare Healthplan for sponsoring our entertainment for Valentine's Day and also for the upcoming Saint Patrick's Day Party.

Thank you to Lori Pappas from Uncle Pete's Café for the extra treats she brings to our parties.

The Spring Craft Boutique is from Monday, May 14th – Friday, May 18th in the Lobby.

Claire Hutchinson



Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(800) 451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714) 898-9648
Library	(714) 893-5057
Medi-Cal	(714) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020
Information Help Line	211
Traffic Information	511

"Three things in human life are important.

The 1st is to be kind.

The 2nd is to be kind.

And the 3rd is to be kind."

Henry James



LOOKING AHEAD



- ♦ Wednesday, April 11th
Last Day
for tax appointments.



- ♦ Thursday, May 10th
Mother's Day Celebration



- ♦ Friday, June 15th
Fathers Day Celebration

SENIOR CENTER PROGRAMS

SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and every Friday at 11:30 a.m. We celebrate birthdays on the 4th Thursday of each month.

Cost:

The suggested donation is just \$2.50 for our senior participants 60 and over. The cost for individuals under 60 is \$3.50.

COMMODITIES



Commodities Program is held on the 2nd Wednesday of each month.

March:

Wednesday, March 14th

April:

Wednesday, April 11th

Hours:

8:00 a.m. - 11:00 a.m.
(or until food runs out)

Requirements:

You must live in Westminster and qualify as low income. Bring proper identification & plastic bag.



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.



NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior Center they can hop on the Shuttle if they need to run errands.

SCHEDULE

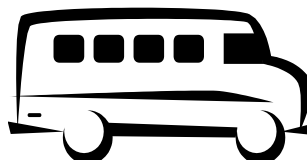
Monday through Friday

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m.
from your home to the Senior Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m.
from the Senior Center to your home.



SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from

9:00 a.m. - 1:00 p.m. After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

NOTE:

NO

SHUTTLE SERVICE ON FRIDAYS

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



WOW Questions?
Call Bertha or John
at

(714) 895-2878
ext. 3675

SENIOR CENTER ACTIVITIES

CLUBS & GROUPS



BRIDGE CLUB

meets Mondays and Thursdays at 12:15 p.m.



CHESS CLUB meets Tuesdays at 7:30 a.m.



BUNCO meets on 2nd and 4th Wednesdays at 12:30 p.m.



CRAFT LADIES

meet on Thursdays at 9:00 a.m.



MAH JONGG

players meet on Mondays from 10:00 a.m. - 12:00 noon.



DINNER GROUP

Meets the 3rd Wednesday of each month at a local restaurant.



POOL ROOM

is open five days a week and new players are welcome.



RED HAT SOCIETY

is a group of women who dress in purple and red. This group goes on trips, dinner, etc. Their main purpose is to have fun.



YARN SPINNERS

crochet and knit on Mondays & Fridays 9:00 a.m. - 11:30 a.m. on Wednesdays 9:00 a.m. - 4:00 p.m.



NEEDLE WORK

meets Mondays at 9:00 a.m.



MEXICAN TRAIN DOMINOS

meet on the 1st and 3rd Wednesdays of each month at 12:00 Noon



SUDOKU

meets every Friday at 9:30 a.m.

BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

GAME TIMES:

Mondays & Wednesdays

12:45 p.m. - 2:30 p.m.

Fridays

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50¢ a piece.



Winners receive a Bingo Buck a game. You can

earn a \$10 Stater Bros. Gift Card for every 10 Bingo Bucks you earn. If you are interested in being a Bingo caller, please contact the front desk.

MOVIES

MARCH

Fridays at 9:15 a.m.

APRIL

March 2nd

"Always"

Richard Dreyfuss

Holly Hunter

2 hours

Rated PG (1989)

Drama

March 9th

"The Back-Up Plan"

Jennifer Lopez

Alex O'Loughlin

1 hour; 44 minutes

Rated PG-13 (2010)

Comedy

March 16th

"Limitless"

Bradley Cooper, Robert DeNiro

1 hour; 45 minutes

PG-13 (2011); Drama

March 23rd

"The Grapes of Wrath"

Henry Fonda, Jane Darwell

2 hours

Not Rated (1940); Classic

March 30th

"Midnight in Paris"

Owen Wilson, Rachel McAdams

1 hour; 34 minutes

Rated PG-13 (2011);

Comedy

April 6th

"The Adjustment Bureau"

Matt Damon, Emily Blunt

1 hour; 46 minutes

Rated PG-13 (2011)

Drama

April 13th

"Brigadoon"

Gene Kelly, Cyd Charisse

1 hour; 48 minutes

Not Rated (1954)

Drama

April 20th

"Crazy Stupid Love"

Steve Carrell

Ryan Gosling

2 hours

Rated PG-13 (2011)

Comedy

April 27th

"To Catch A Thief"

Cary Grant

Grace Kelly

1 hour; 46 minutes

Not Rated (1955)

Classic



SENIOR CENTER ACTIVITIES

SPECIAL EVENTS

INCOME TAX PREPARATION

AARP Volunteers will continue to prepare taxes for seniors 60+.



This service is available every Wednesday from 8:30 a.m.-11:30 a.m., the final day being **April 11th, 2012.**

Please contact the Front Desk for an appointment ASAP as we are filling up fast!

BIRTHDAY CELEBRATIONS

We'll supply the cake, balloons, & entertainment but the party will not start without **YOU!**



Dates:

Thursday,
March 22nd
&

Thursday,
April 26th

Time:

11:00 a.m.

Place:

Dining Room

Cost:

\$2.50

Entertainment
Included

Here's betting you have never been to one of these:

AFTER-TAX DAY PARTY!



Date:

Wednesday,
April 18th

Time:

10:00 a.m.

Place:

Dining Room

Prizes &
Light
Refreshments

NEED CELL HELP?

Need some help figuring out how to program your cell phone, ipad, kindle?



Students from Westminster High School Workability Club will be here to answer your questions.

Date:

Wednesday,
April 18th

Time:

10:45-11:45 a.m.

Place:

Dining Room

Spring Craft Fair

Join us for a week of handmade crafts for sale in our lobby.



Monday, May 14th
through

Friday, May 18th

SENIOR CENTER LOBBY

9:00 a.m.-1:00 p.m.



1912-2012

Interested in meeting with Girl Scouts both past and present to share how the program has evolved over the past 100 years?

*100-Year Celebration
Community Girl Scout Birthday*

Wednesday, March 28th

3:30 p.m.-5:00 p.m.

Dining Room

Please sign Interest List at Front Desk

SENIOR CENTER SERVICES

ONGOING SERVICES



ATTORNEY

Elder Law attorney **Dennis Jensen** specializes in wills, trusts, estate planning and probate.

When:

3rd Tuesday of every month

Time:

10:00 a.m. - 12:00 noon
(by appointment only)



BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

When:

Every Thursday

Time:

9:00 a.m. - 11:00 a.m.



HICAP

(Health Insurance
Counseling Advocacy
Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

When:

2nd Monday of every month

Time:

10:00 a.m. - 12:00 noon
(by appointment only)



LEGAL AID

Paralegal **Laura Luu** provides legal advice and referrals.

When:

2nd Tuesday of every month.

Time:

9:00 a.m. - 11:40
(by appointment only)



PODIATRIST

Dr. Nancy Hayata provides foot screening and consultation.

When:

1st Friday of every other month.

Time:

Appointments begin at 11:30 a.m.



INFORMATION & REFERRAL

Front Desk staff is available to answer any inquiries concerning senior activities and services.

For further information on any of the listed services contact us at:

(714) 895-2878

Join us for a special three-day event:

Spring Silent Auction



May 1st-May 3rd

8:30 a.m. Tuesday
until

1:00 p.m. Thursday

Donations for this auction will be accepted beginning April 1st. We appreciate all items that are donated but please understand we may not be able to use them all and may use them for something else here at the center.

(Closing Bell rings at 1:00 p.m. sharp)

SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.

**The fee is \$12 per person for AARP members
\$14 per person for non-members**

Classes will be held on the following dates:

April 12th-13th, 2012

June 14th-15th, 2012



***Pre-registration and payment are
required at Front Desk
before class dates.**

SENIOR CENTER SERVICES

NURSE JANE HERIN



Nurse Jane Herin is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.

UPCOMING HEALTH TALK

APRIL:
Wednesday, April 4th
11:00 a.m.
Dining Room



Topic:
“Vision As We Age”



COMFORT CARE

Monday, April 16th, 2012
10:00 a.m. in Conference Room

Darlene Harris, RN will be providing valuable information about comfort care and support for the terminally ill.

Sign Up at Front Desk

DIABETES EDUCATION & SUPPORT GROUP

Wednesday, March 21st
12:30 p.m. in Room A
“Hypoglycemia”



Wednesday, April 18th
12:30 p.m. in Room 5

**“How Does Your Doctor
Divide Your
Diabetes Treatment?”**

Dinner Group

March 21st at 4:30 p.m.

COCO'S

**6886 Bolsa Ave.
Huntington Beach**



.....
April 18th at 4:30 p.m.



Mimi's Cafe

**7955 Garden Grove Blvd.
Garden Grove**

Sign-up at Front Desk

Unless otherwise noted, all health related presentations are given by: Jane Herin, RN, PHN
Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency
Information on Medi-Cal will be discussed.

UPCOMING EVENTS

Are you having difficulty
using the telephone?

**The California Telephone
Access Program (CTAP) can help!**

Come to the CTAP
Question & Answer Session
for more information



**Wednesday, March 21st
10:00 a.m.
Dining Room**



Free Haircuts & Manicures
Offered by the
Asian American Beauty School



Date: **Tuesday, April 24th**
in the West Room
Time: **10:00 a.m.-12:00 noon**
(First come; first served)

**Desperately Seeking
Bingo Callers**



GAMETIMES:
Mondays & Wednesdays
12:45 p.m. - 2:30 p.m.
Fridays
9:30 a.m. - 11:15 a.m.

*Please fill-out Volunteer Form
at Front Desk*

Please remember to R.S.V.P.
To the Front Desk by



Wednesday, March 21st
if you have been invited to the
Volunteer Appreciation Party
on Wednesday, April 4th.

The Staff thanks you.



Life Story Writing

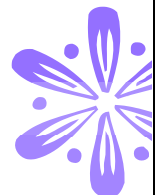
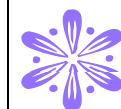
If you need encouragement and ideas
to work on your own life story writ-
ing, this group is for you. Every week
we explore a new topic using ideas
from newspapers and magazines.

Hearing the stories from workshop members
stimulates our own memories and also enriches
our understanding of ourselves and the world
around us.

8 Mondays
April 16th
thru June 11th
12:30 p.m.-2:00 p.m.
Room 5

Sign Interest List at Front Desk
or call Facilitator Nancy Sink at
714-832-2888 for more info.

So, what's your story???



SENIOR CENTER CLASSES

COASTLINE COMMUNITY COLLEGE

Beginning Adult Fitness

A mildly aerobic chair/standing exercise.

Day	Time	Instructor
Mon/Wed	12:30 p.m.- 1:30 p.m.	M. Masters

Adult Fitness

Day	Time	Instructor
Monday	10:00 a.m.- 12:00 noon	M. Masters
Wednesday	10:00 a.m.- 12:00 noon	M. Masters



Balance & Mobility

A preventive class for seniors at risk for falling; must meet entrance criteria, see Instructor.

Day	Time	Instructor
Mon/Wed	9:00 a.m.-10:00 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184.

Pre-registration is advised. Session begins January 30th and ends May 23rd.

HUNTINGTON BEACH ADULT SCHOOL



Introduction to Dance Aerobics

Day	Time	Instructor
Monday	1:30 p.m.- 3:00 p.m.	J. Camarena

Dance Aerobics 2

Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

Dance Aerobics 2/3

Day	Time	Instructor
Thursday	3:00 p.m.- 4:30 p.m.	J. Camarena

Dance Aerobics 3

Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 p.m.	J. Camarena

Dance Aerobics 4

(Waiting List Only)

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m.	J. Camarena

Low Impact Aerobics 2

Day	Time	Instructor
Tuesday	10:45 a.m.- 11:45 a.m.	J. Camarena

Stretch & Flex

Day	Time	Instructor
Tuesday	9:30 a.m.- 10:30 a.m.	J. Camarena

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 901-8106 ext.4405.

Pre-Registration is advised. Fall 2011 Session begins January 3rd and ends July 19th.

SENIOR CENTER

Beginning Computer Class

Applicants start by filling out forms at the Front Desk. Instructors will contact students with schedule info.

Day	Time	Instructor
Monday	1:00 p.m.- 3:30 p.m.	A. Spisak
Tuesday	9:00 a.m.- 11:30 p.m.	D. Davis

Intermediate Computer Class

Day	Time	Instructor
Monday	9:00 a.m.- 11:30 a.m.	K. Hillhouse

Longevity Stick

A Vietnamese form of exercise involving slow movement and stretching.

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	H. Uyehara
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.- 10:30 a.m.	L. Mo

* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER *

SENIOR CENTER TRIPS

DAY TRIPS

VIEJAS INDIAN CASINO

Shopping across the street!

Tuesday, March 20th, 2012

Depart: 8:00 a.m.

Cost: \$15.00

Return: 5:30 p.m.

Includes \$5 off for lunch

"THE DROWSY CHAPERONE"

AT THE CANDLELIGHT PAVILION

Saturday, March 31st, 2012



Chaperone pays tribute to the Jazz-age shows of the 1920's and the power those shows held to transport us into a dazzling fantasy and to lift our spirits in times of sadness. Before the show enjoy a **wonderful lunch**, with 3 great entrees to choose from right at the Theatre!

Depart: 9:45 a.m.

Cost: \$82.00

Return: 4:30 p.m.

SANTA ANITA HORSERACES with LUNCH

Thursday, April 12th, 2012

Deluxe Motorcoach. Clubhouse Seating.

Buffet Luncheon in Club Court.

Depart: 10:00 a.m.

Cost: \$50.00

Return: 5:30 p.m.



SHERMAN GARDENS & LIBRARY

Friday, April 20th, 2012

We will explore the botanical gardens of Corona del Mar.

Depart: 9:45 a.m.

Cost: \$10.00

Return: 12:30 p.m.

Includes sack lunch



"MYSTERIES & SCANDALS" TOUR

Wednesday, May 9th, 2012

Depart: 8:30 a.m.

Cost: \$83.00

Return: 5:30 p.m.

A guide will take you on a tour that spans 100 years of Murder, Mystery & Scandal, including tales of the Black Dahlia, Bugsy Siegel and John Belushi.

Lunch is included in style at the **Capital Grill**.

PALA CASINO

Tuesday, May 22, 2012

Depart: 8:15 a.m.

Cost: \$19.00

Return: 5:00 p.m.

Includes \$5 in Slot Play

HARRAH'S CASINO

Tuesday, June 5, 2012

Depart: 8:00 a.m.

Cost: \$15.00

Return: 5:00 p.m.

Includes \$10 in Slot Play

NEWPORT HARBOR CRUISE & ROGER'S GARDENS with LUNCH

Thursday, June 21, 2012

Enjoy lunch in the marina at the Harborside Restaurant. Next you will learn some of the history of Newport Beach on a delightful harbor cruise. Last stop is at Roger's Gardens.

Depart: 10:00 a.m.

Cost: \$69.00

Return: 5:30 p.m.

PAGEANT OF THE MASTERS

Wednesday, July 11, 2012

Depart: 5:00 p.m.

Cost: \$57.00

Return: 11:30 p.m.

OVERNIGHT TRIPS

LAUGHLIN at the RIVERSIDE-Waiting List Only

April 23rd-25th, 2012

(Monday-Wednesday)

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$94 p/p double

\$114 single



LAUGHLIN at the RIVERSIDE

August 20th-22nd, 2012

(Monday-Wednesday)

Package includes: 1 FREE Buffet (1 choice + 2 breakfasts)

PLUS Luau Dinner Party (sit-down Dinner with band and dancing and prize drawings!)

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$95 p/p double

\$115 single

YELLOWSTONE

July 6th-August 1st, 2012

(7 days & 6 nights)

See 2-page Itinerary at the Front Desk

for this fabulous trip to Salt Lake City,

UT, West Yellowstone, MT, and Jackson Hole, WY.





Cost: \$1,999 p/p double

\$2,499 single



Senior Lunch Menu – March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50		Creamy Spinach Soup w/Crackers Salisbury Steak w/Mushroom Gravy Mashed Potatoes Wheat Bread Fresh Fruit	Tuna Salad Sandwich On Wheat Bread Carrot Salad Pea Salad Chocolate Pudding
5	6	7	8	9
Holly Farm Chicken Leg Coleslaw Sliced Carrots Dinner Roll Fresh Fruit	Pork Loin Roast w/Gravy Brown Rice Peas and Carrots Whole Wheat Roll Applesauce Pineapple Juice	Lentil Soup w/Crackers Chicken Sandwich Whole Wheat Bun Lettuce/Tomato/Onion California Vegetables Blend Oatmeal Cookies	Home-made Beef Stew 4-Way Salad w/Italian Dressing Winter Blend Vegetables Corn Muffin Fruit Salad	Minestrone Soup w/Crackers Cheese Ravioli w/ Meat Sauce Caesar Salad Sourdough Bread Fresh Fruit
12	13	14	15	16
Teriyaki Chicken Steamed Rice Oriental Blend Vegetables Almond & Fortune Cookie Orange Juice	Hamburger Whole Wheat Bun Lettuce/Tomato/Onion Potato Salad Cucumber Salad Canned Peaches	Fish w/White Sauce & Parsley Egg Noodles Steamed Broccoli Dinner Roll Fruited Gelatin	St. Patrick's Day Corned Beef Cabbage Steamed Carrots Baby Potatoes Rye Bread Shamrock Dessert 	Cream of Tomato Soup w/Crackers Vegetarian Quiche (Spinach, Mushroom, Cheese) 4-Way Tossed Salad w/Dressing Wheat Roll Fresh Fruit
19	20	21	22	23
Spaghetti w/ Meatballs & Marinara Italian Blend Vegetables Sourdough Roll Parmesan Cheese Fruit Cup	Tortilla Soup w/Tortilla Chips Pork Chili Verde Black Beans Flour Tortilla Salsa Chocolate Chips	Split Pea Soup w/Crackers Beef Pot Roast w/ Gravy Mashed Potatoes Wheat Roll Lemon Pudding	Birthday Celebration Chicken w/Herb Gravy Orzo with Vegetables (Peas & Carrots) Whole Wheat Roll Fresh Fruit	Cheese Omelet Potato O'Brien Caesar Salad Wheat Roll Salsa Tropical Fruit Mix
26	27	28	29	30
Roast Turkey w/Gravy Mashed Potatoes Squash Medley Cranberry Sauce Parker House Roll Cantaloupe	Swedish Meatballs Egg Noodles Whole Baby Carrots Wheat Roll Fruit Cocktail	Chili Con Carne w/ Onion/Shredded Cheese Garden Green Salad Ranch Dressing Corn Muffin Apple Crisp	Chicken Fricassee Brown Rice Winter Blend Vegetables Wheat Roll Chilled Mandarin Oranges	Mexican Corn Soup Fish Vera Cruz Rice Pilaf Wheat Roll Butterscotch Pudding SF Whipped Topping

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls

PLEASE NOTE: Lunch is served every Friday at 11:30 a.m.